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URBAN GROWTH: Community centre report expected next month

Cards on table for Fonthill's expansion

GREG FURMINGER/STAFF PHOTO

Upper Canada Consultants senior project planner Jennifer Vida explains details about Fonthill's eastern expansion area during a Town of Pelham open house at St. Alexander school.

GREG FURMINGER
Pelham News Staff

It seems these days there's less interest about what's going to happen with Fonthill's eastern expansion and more about when will it start.

A smattering of people turned out for the Town of Pelham's open house on the subject Wednesday evening in the gym of St. Alexander school.

The opportunity for questions and answers elicited more curiosity about when shovels will get into the ground than what will be built.

"I hope it's that we've been very open about what's going on," Mayor Dave Augustyn said, noting it has been a regular subject of his blogs.

It could also be that expansion has been discussed for more than a decade and over those years there have been numerous times to provide input, including on development of the master plan for the area.

"I'm hearing mostly people want to see it move forward," said Jennifer Vida, a senior project planner for Upper Canada Consultants who was explaining details of the Phase 1 development at the southwest corner of Hwy. 20 and Rice Rd. to open house visitors.

Those 21.7 hectares include a big tract of land — 7.7 ha — the town sold for $2.9 million to Fonthill Gardens, a company owned by Toronto developer David Allen, on the condition the developer produces a medical complex and retirement community within five years.

Town planning director Terrance Glover called the Allen project the "catalyst" for future residential and commercial growth south along Rice Rd.

Residents who turned out Wednesday also wanted to get a glimpse of conceptual diagrams that illustrate how that growth, and where roads will be built, is expected to play out.

See FONTHILL on Page 2

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LOCALNEWS

■ FONTHILL

Most residents eager to see development

From Page 1

"There's not a lot of negativity, they're seeing a lot of positives," Glover said of feedback, which is more than welcome.

"You might be a resident being in the know of something I'm not aware of," he said.

Applications for zoning and official plan amendments and draft plan of the subdivision for the most northern development lands will be subject to public meetings in July.

Shovels could be in the ground late this year or early 2015.

So far, Ron Leavens is impressed.

Leavens was the mayor who orchestrated the purchase of lands in the Allen Group development area back in 2004.

"I like what I'm seeing, he said. "The whole idea was to get some land for the town."

The prime objective, he noted, was to have space to develop a community centre.

Augustyn said a report on that topic is expected to come before town councillors in the middle of next month, and include a review of the aging Pelham Arena on Haist St.

The preference, he said, is that a single-pad ice rink, expandable in future years, be constructed in the east Fonthill area.

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Kids get involved in farmers market

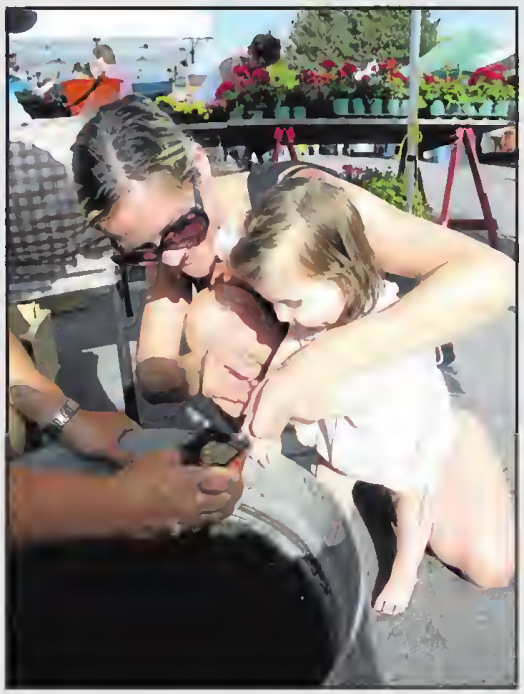

PHOTO PROVIDED

On May 29 at the Pelham Farmers Market, kids will be planting a pumpkin seed and taking it home. They will be told how to plant it, take care of it and in the fall the pumpkins will return to the farmers market for judging.

IN BRIEF

Youth get involved in Pelham's proposed community centre

Mike Ross, prime minister of the Mayor Youth Advisory Council (MYAC), updated council on its involvement in this year's Pink Shirt Anti-Bullying Day, the Annual Easter EGGstravaganza and Community Clean-up Day. Ross told Pelham Council that MYAC is once again organizing their annual Canada Day AMPfest, which is a music contest and outdoor movie night on Aug. 22. The evening will include a youth video contest on the theme Make Your Own Happy. Council also heard MAYC's suggestions for the proposed community centre and arena including free wireless Internet, a large TV or projector where youth can watch sporting events or play video games together and several game tables such as ping pong, air hockey or billiards.

Other amenities like a snack bar or concession stand, an area to play music, a room for intramural sports or youth programs, youth made artwork and a photo booth are a few other things the MYAC asked council to consider.

Pelham Active Transportation Committee update

Bea Clark updated council on the results of the Active Transportation Committee's top 10 infrastructure improvement requests. Since 2010, more than 80% of the requested improvements have been implemented, including new sidewalks, signalized crosswalks, traffic calming measures, new trails and sidewalk snow clearing for improved accessibility. The committee is currently consulting residents to help develop a new top 10 list for council's consideration. Suggestions can be sent to active@pelham.ca.

Supper Market approved for 2014

Council unanimously approved the Supper Market as a pilot project for the 2014 summer season. The Supper Market will run June 4 to Sept. 4, on the curved, one-way drive between Peace Park and town hall. The Supper Market, Farmers' Market and Bandshell committees will evaluate the pilot before making recommendations to council for the 2015 season.

Peace Park redevelopment

Council postponed the redevelopment of Peace Park due to the projected $1.2 million cost. The budgeted amount for the project in 2014 was $250,000. Council will revisit the plan for the 2015 budget.

Smoke-free outdoor spaces regional bylaw

Maria Briganitino and Gillian Chappell informed council about the smoke-free outdoor spaces bylaw which aims to protect children and vulnerable persons from exposure to outdoor second-hand smoke, provide positive role modeling for children and support those trying to quit smoking. The "I Love Smoke-Free Outdoor Spaces" communications campaign kicked off on May 22 and will focus on awareness.

Enforcement will primarily be done by Health Canada's Tobacco Control program and municipal bylaw officers. The applicable fine is set at $250 plus court fees for a total of $305. The first year of the campaign will focus on education.

Town of Pelham Audit

Council approved the consolidated financial statements for 2013 as audited by Deloitte & Touche LPP. The audit concludes that the consolidated financial statements fairly present the financial position of the town's operations and cash flows. Trevor Ferguson spoke on behalf of Deloitte & Touche and called the Town of Pelham very progressive in the finance area, crediting the exemplary work of the treasurer and deputy treasurer for helping Pelham stand out a as a leader among municipalities.

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LOCALNEWS

FABULOUS FENWICK LIONS CLUB: 'This is really about giving back to the community'

Life is a carnival in Centennial Park

GREG FURMINGER
Pelham News Staff

The smell of fresh caramel corn, the clanging of midway bells and warm sunny skies all blended to make for a perfect Saturday afternoon in Pelham's Centennial Park.

It's where hundreds of people started showing up a day earlier for the return of the Fabulous Fenwick Lions Club Carnival, and would return through Sunday.

"It's the first time we've been here in five years," said Patti Secord, who was visiting the Church St. park with her 11-year-old son, Eric.

Also along for the ride — or rides — was friend Terry Ann Morris, visiting from Pickering.

The Pelham woman said not much had changed since she last came to the carnival, although Eric did lament the loss of the bumper cars.

Across the park, Jackie McIntyre was snapping photos of her young children, Zachary and Hailey, as they did laps in a miniature fire truck.

"We came here when we were kids and so now we're bringing our kids," the Ridgeville woman said, joined by husband Trevor.

"It's so similar," she added. "I think it's great for little kids."

As is tradition, a Friday evening parade started the event's three days of fun.

Saturday's events included the annual plant auction, for which local merchants and growers donated about 150 different plants, including shrubs and hanging baskets.

Some 5,000 people turned out later in the evening for the fireworks show.

Sunday's events included automotive, motorcycle, tractor and ATV dealer displays, and the annual cow-plop lottery.

Lions club president Harry Cumming said some money from the carnival will go toward its causes, but most money for charitable giving is raised through its Biketoberfest event in the early fall and fish fry nights that take place at the park every other Friday, including this coming week.

"We don't really make a lot of money on the carnival," he said.

"This is really about giving back to the community."

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GREG FURMINGER/STAFF PHOTO

Zachary McIntyre and his sister Hailey try to get to the fire, but just end up going in circles, at the Fabulous Fenwick Lions Carnival.

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COMMENT

Do your part, stop the puppy mills

The people who would go out and deliberately spend $1,000 plus on a puppy or kitten obviously has never seen the inside of a humane society, or the horrors that happen inside the cages of a puppy mill.

The City of Welland recently received a petition signed by 1,300 residents, asking for a ban on the sale of puppies, cats and rabbits at retail pet stores as well as flea markets and retail businesses, in the hopes that people will instead adopt pets from organizations such as the humane society.

The numbers of stray and abandoned animals that need a home are staggering – in 2012 more than 119,000 cats and 53,000 dogs were taken in and cared for by Canadian shelters. Though the number is said to be conservative because it was based on only 102 shelters that responded to the Canadian Federation of Humane Societies survey.

These are the animals that are in need of a home, cared for mainly by volunteers – humane societies are located in our backyards here in Niagara.

I walked into a humane society to adopt a dog in April and what I saw was cage after cage of cats. Walking past them, they all came to the front of their cages seeking attention. The sad reality is that due to animal overpopulation because of a lack of responsible ownership, six times as many cats were euthanize as dogs in 2012 – that works out to 41% of cats in shelters being euthanized and 15% of dogs.

The breeding adult dogs are kept in their kennels and cages 24/7 and are not let out for exercise. An adult breeding dog will never feel the sun on their backs, grass under their paws and never know what it is like to run, play or be a "dog."

Female dogs often have large painful hernias from delivering many litters of pups, who are then taken from their mothers at five weeks of age.

There are credible breeders out there, but many puppy millers will sell their puppies in masses to brokers who in turn, sell the pups on Kijiji. Incase you've never been told – Kijiji is one of the worst places to purchase a puppy.

The best way to help stop puppy mills is by not buying from a pet store, or backyard breeder. If you do find yourself in a pet store looking to buy a dog ask the employee to provide you with the name, address and phone number of the breeder – more times than not, they will not provide you with that information.

John Greer of the Welland and District Humane Society said the shelter often sees the "aftermath" of mass puppy production. Due to extremely poor health conditions, often caused by inbreeding, dogs sometimes have to be euthanized.

Though Welland wouldn't be the first community to support a bylaw banning the sale of dogs, cats and rabbits at retail stores, it's a fantastic step for the city to help those who can't help themselves.

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Compromises enable supper market pilot in 2014

DAVE AUGUSTYN
Mayor for the Town of Pelham

On Feb.3, council received a letter from the owners of Zest Restaurant, asking the town to help initiate a supper market in downtown Fonthill on Thursday evenings in the summer.

Like many downtown businesses, Zest sees a substantial decline in business during the well-attended Farmer's Market and Fonthilll Bandshell Concerts on Thursdays. They proposed a Supper Market "under the Arches" – similar to last December's highly successful Winterfest – as an opportunity to serve the Thursday crowds while using local produce and presenting local culinary features. They also proposed allocating two or three spaces for Pelham artists or downtown retailers. Finally, they suggested licensing the Supper Market so it could feature a local winery and/or brewery.

Staff investigated other Supper Markets and identified best practices including establishing a volunteer Committee. Staff also surveyed Pelham chefs, restaurants, food providers, local wineries and breweries to verify interest. Eleven Pelham restaurants and seven Niagara wineries/breweries wanted to participate; four restaurants declined involvement – two of which already participate in the Farmer's Market.

While supportive of the idea, Council recognized several concerns from the community and directed staff to develop solutions. First, based on the experience from previous years and of Summerfest, Council required both an overall parking plan and an emergency plan for Thursday-nights. Second, because of concerns from the Farmer's Market, the Bandshell Committee and local merchants, Council directed staff to resolve differences; this took effort and numerous meetings.

While staff continued to provide updates, members of the Farmer's Market, the Bandshell, and of the newly formed Supper Market committee made presentations or sent letters to council.

Heeding these and input from the community, Council reconfirmed holding the Supper Market on Thursdays, and approved the parking and emergency plans.

Most importantly, Council recognized that the location – under the Arches – represented a real concern from the community for inhibiting traffic flow.

On 5 May, Council asked the Committee to determine the best location for the Supper Market other than under the Arches. The Committee identified 19 possible locations, and short-listed to four priority locations. Following an evaluation, the Committee recommended the curved, one-way driveway connecting the parking lots at Pelham Town Hall as the best location.

The location meets Public Health Regulations, provides access for hydro and water, and increases visibility of the Supper Market. The location also gained acceptance from the Farmer's Market and the Bandshell with the caveat that the Supper Market be a pilot for 2014 and that it be reviewed in the Fall.

Council accepted these compromises on May 20 and approved the 2014 pilot Supper Market to start June 12.

You may contact Mayor Dave at mayordave@pelham.ca with questions or to suggest future topics. Check out past columns at www.pelhammayordave.blogspot.com.

A Cool Spring Market in Pelham

CATHY BERKHOUT-BOSSE

April resale housing results in Pelham reflect a slowdown compared to last year's sales activity. According to the MLS® statistics of the Niagara Association of Realtors there were 21 residential sales recorded in Pelham during the month of April 2014 compared to 27 during April 2013. The year-to-date at total of 64 unit sales reflects a 20% drop from the 80 sales recorded during the time frame last year.

To keep this previous year comparison in prospective it is important to note that our sales level last Spring represented an unusual spike in market activity. The current sales level is actually just slightly below the 2010-2014 five-year average of 65 transactions reported during the January –April time period.

On average sales activity remains 23.8% below the peak three-year average of 83.6 sales recorded during January-April sales period from 2005 to 2007.

The current Pelham 12-month average price of 348,009 is 4.6% higher than the April 2013 figure of $ 331930 and reflects a marginal increase over the March 2014 figure of $347786. The average number of days on the market for home sold in Pelham during April climbed to 69 days compared to an average of 65 days in April of 2013.

Across Niagara, unit sales were up 3% during the month of April with 577 residential sales processed through the NAR Multiple Listing Service® system compared to 560 sales in April of 2103. Year-to-date sales have edged slightly ahead of last year with 1773 unit sales between January and April during 2014 versus 1762 last year.

The average number of days on the market in Niagara remained steady at 68 days – exactly the same figure as reported in April 2013.

Next door in the Rose City year-to-date average price statistics reflect similar increases. The April 12-Month average price of $189,173 represents a rise of 3.8% over last year's figure of $182,294. The overall sales volume in Welland declined 14.3%, with to a total of 692 units sold so far this year compared to 807 between January and April 2012.

Cathy Berkhout-Bosse, H.B.A. is a real estate broker and communications strategist living in Pelham. You may read past columns at http://niagararealtysource.wordpress.com

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LOCAL NEWS

New member for Fonthill Lions

PHOTO PROVIDED

Al Crowe was installed as a Fonthill Lion by past regional chair Fred Arbour. From left, Lion Jerry Berkhout, Crowe, Arbour, Lion Brian Buchanan.

Have No Fear.... There is Hope for Allergy Sufferers !

For many of us, spring is definitely our favourite season. Fresh, clean air, sunny days, spring flowers and so much more. What could be better? Unfortunately for quite a few people, spring and summer are the seasons for suffering with runny noses, itchy, watery eyes and the dreaded sneezing.

Spring and summer should be about sunshine and getting outdoors, but for so many people, it means allergies.

Allergies are caused when the immune system mistakes a usually harmless substance for something dangerous. The body then produces antibodies which are on alert for this allergen. When a person is exposed to an allergen, their bodies produce chemicals, such as histamine, that cause the unhealthy allergy symptoms.

Allergy sufferers often have itchy eyes, nose, throat, and even the roof of their mouth! And roughly 25 per cent of Canadians suffer from seasonal allergies.

In both spring and summer, many people are vulnerable to tree pollen, ragweed or grass, but dust mites, pets and moulds are also common in the warmer months. Tree pollen allergies often start as soon as the weather warms up.

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■ **FLOODING:** Storm exceeded pumping station capacity

Dozens of homes damaged after last week's deluge

ALLAN BENNER
Pelham News Staff

As torrential rain pounded ber Pelham home last week, Marti Clayton was relaxing in her basement recreation room watching television when she heard a strange gurgling sound.

It was too loud to be caused by the rain water outside. The sound was coming from the furnace room.

"The water was just gushing right up," she said.

Sewage water was flowing up through floor drains and the drain in the shower. Even the toilet was backing up and spilling sewage out on the tiled floor.

David Oke, who shares the Leslie Place home with Clayton, used a shop-vac to control the deluge of water, but it was coming in faster than he could pump it out.

They were among dozens of Pelham residents, and dozens more in Welland, whose basements were flooded last week when as much as 34 mm of rain fell in 30 minutes, exceeding the capacity of regional sewage pumping stations.

Clayton recalled looking out the window at the flooded street during the worst of the storm.

"There's a manhole there, and water was rushing out of it about four feet in the air," she said.

PHOTOS BY ALLAN BENNER/PELHAM NEWS STAFF

David Oke looks through bags of garbage pulled from the basement of his Leslie Pl. home, damaged by flooding last week.

"It really stank in here, really bad. ... I was almost having a nervous breakdown on Wednesday night."

At its worst, the sewer water was about a half foot deep in her basement.

After calling her insurance agent, a crew of disaster restoration specialists was at her home Thursday and were still there working three days later.

Clayton estimated the damage at $70,000 to $80,000.

"The whole basement was finished. All the flooring, everything has to be taken out. This is a new furnace, and we don't know if it's any good or not," she said, gesturing to the recently installed high-efficiency furnace they spent $10,000 on.

See FLOOD on Page 8

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10K Run/Walk	$50	$55	$60
5K Run/Walk	$40	$45	$50
2K Run/Walk	$30	$35	$40
2K / 5K Youth (17 & Under)	$25	$25	$25

All fees are in Canadian dollars.
*Registration deadline for events starting in US is October 20, 2014

2014 RUNFEST WEEKEND
FRIDAY, OCTOBER 24
1:00pm - 7:00pm - RunFEST Expo (Niagara Square), Number Pickup & New Registration (excluding Marathon) unless sold out.
SATURDAY, OCTOBER 26
8:15am - 10:00am - Running Room International Breakfast Run. Open to the public. Assemble outside Oaks Garden, FREE Breakfast at Planet Hollywood (approx 9:00am).
9:30am – 5:30pm - RunFEST Expo (Niagara Square), Number Pickup and New Registration (excluding Marathon) unless sold out.
2:00pm - RunFEST Sweepstakes Prize Giveaway Presentation
5:30pm - RunFEST Pasta Dinner - $26.00 (Greg Frewin Theatre, U2 Tribute Band, John Stanton & Laura Skladzinski and After Party)
SUNDAY, OCTOBER 26
8:00am - Schools Marathon Challenge Start
8:30am - 5K Start
9:00am - 10K Start
9:30am - 2K Start
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Recreation Programs & Classes

Zumba Classes @ Pelham Arena

Tuesday June 3	9:30 am - 10:30 am	Tuesday June 3	7:00 pm - 8:00 pm
Wednesday June 4	7:30 pm – 8:30 pm	Thursday June 5	10:00 am – 11:00 am

Drop in and try any session for $6 or purchase your 10 + 2 bonus passes for $60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! – June 3 & 5
Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Women's Outdoor Scrimmages – Pelham Arena, 10:00am – 11:30am Ages 18+
Monday, June 2 – Basketball & Ball Hockey Thursday, June 5 Ball Hockey & Tennis
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Summer Programs – Aquatics & Summer Camps
Registration is now open for swimming lessons, Lifesaving Training Programs, the Pelham Penguins Swim Team and the Triathlon Club, Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp. Registration forms are available at pelham.ca and at Town Hall.

Community Events & News

Pelham Farmers' Market – May 1 until October 30 - Pelham Town Square – May 22 Market Bucks Winner: Chloe Farrow
Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk. **May 29 – Mayor's Walk & Talk at 6pm**

Communities in Bloom Garden Tour
The Communities in Bloom Committee is currently looking for 12 gardens to feature along their 13th Annual Garden Tour on Saturday June 21st. The Garden Tour will feature garden of all types, shapes, sizes and varieties. Patios, water features and nontraditional are all welcome! If you are interested in having your GREEN THUMB featured on the Garden Tour, please email Julie (jcook@pelham.ca) or call 905-892-2607, ext. 329.

Isaac Riehl Memorial Skate Park Grand Opening – Saturday, May 31 – Marlene Stewart Streit Park - Call to become involved 905 892-2607, ext. 341.

Summerfest Vendor Applications - It's time to start planning to "Chill on the Hill"! Vendor applications for Pelham Summerfest are still being accepted and are available at pelhamsummerfest.ca.

Downtown Master Plan for Fenwick and Fonthill – Information Meeting

Get Informed
The Downtown Master Plan provides an urban design vision and guidance for the long-term development for the downtowns of:

- Fenwick
- Fonthill
- East Fonthill

YOU'RE INVITED!

Get Engaged
Information Meeting
Monday June 9th, 2014
6:30 p.m. in Council Chambers, Pelham Town Hall (20 Pelham Town Square, Fonthill)

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pelham.ca/department/community-planning-development

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■ FLOOD

Flooded basements reported in south Niagara

From Page 6

"That's our $4,000 sectional. It's totalled," she added, pointing to the brown leather furniture.

"All our furniture here is totalled."

They recently spent $20,000 to install a new basement bathroom, and that is now destroyed, including a shower they had never used.

Although Clayton is confident the damage will be covered by her insurance company, she said some of her neighbours weren't as lucky. As a result of previous basement floods, some of them no longer have insurance.

Welland public works foreman Vince Beaudoin said about 30 Welland homes were flooded.

"When you have high-intensity short-duration rain, that's what it's going to cause," he said.

Considering the severity of the storm, Beaudoin said Welland was lucky.

"We did have quite a few calls, but I think we faired pretty well."

Pelham Mayor Dave Augustyn said he plans to discuss the storm and its impact on the community with town council at a committee meeting Tuesday evening.

"Now that we know that this is an issue, hopefully it won't happen again, but we'll do what we can to try to mitigate and solve it for the long term," he said. "If there's something we can do we will do it."

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SPORTS

■ **BOXING:** 2-0 record gives Fonthill fighter Sierra Picton gold medal at Ontario championships

Golden gloves

BERND FRANKE
Pelham News Staff

Fighter Sierra Picton was able to look past the recently broken nose on her face and focus all of her attention squarely on her next punch.

Instead of worrying about reinjuring her nose, still a little tender after being hurt in a sparring accident in February, the 25-year-old from Fonthill was more worried about not doing well when she stepped into the ring against Jessica Brougges, her opponent in the senior women's 51-kilogram open class at the Ontario Boxing Championships.

Though Picton's opponent was an aggressive fighter who relied on speed to deliver a flurry of punches, any one of which could knock her nose out of joint and her out of the ring, the Napper's Boxing Club fighter eschewed a cautious approach and stuck to a fight plan that favoured strength and stamina over speed.

Picton thought about hurting her nose in the four-round fight against her opponent from Sudbury, though not to the point of distraction.

"It was definitely on my mind, but it wasn't the first thing that made me nervous. The most pressure was to do well," said Picton, Welland's female athlete of the year for 2012.

Picton countered Brougges' aggressiveness by biding her time and creating an opening by slowing the pace.

"She ran right out of her corner at Sierra, and never stopped coming forward. Sierra showed her experience. She landed a lot more hard punches," head coach Ray Napper Jr. said of Picton, who had 40 bouts under her belt compared to 13 for Brougges.

Since Brougges came into the provincials as the reigning Silver Gloves champion, Picton had to beat her a second time if she wanted to leave Mississauga's Hershey Centre with a gold medal.

The rematch was pretty much a replay of the first fight, though Picton was quicker to control the pace. She landed a hard left that led to Brougges getting a standing eight count from the referee.

Picton, one of the runners-up in female athlete of the year balloting for 2013, shared credit for her gold medal with Napper.

"He's a really good coach. He's really good at tactics. He has an answer for everything that I could see in a fight," she said.

Picton, who joined Napper's five years ago and began boxing "almost right away," said just because a fighter is reacting to an opponent, it doesn't necessarily mean a fight plan has been abandoned.

"You don't have to be the one to come forward to control the fight," she said.

Picton was hit on the nose, but it didn't affect her performance in the ring.

"It's still a little tender, that's all."

An E.L. Crossley Secondary School graduate who majored in health promotion at Niagara College's Niagara-on-the-Lake campus, Picton has tunnel vision heading into a fight.

"I never think about getting hurt. I've got that 20-year-old mentality that nothing is going to happen to me. Like I'm invincible," the 5-foot-1 fighter said with a laugh.

Picton "kind of likes it" when people do a double take when they find out she boxes.

"It's something that makes me unique. It's kind of empowering in a weird way," she said.

No other activity can lay a glove on boxing when it comes to promoting physical fitness, according to Picton.

"I think boxing takes your fitness to extreme levels," said Picton, who once a week teaches children how to skip at the Welland Community Wellness Complex.

Napper regards Picton, an ultimate warrior in the ring, an ultimate teammate and role model outside of it.

"She's the most dedicated and hardest working athlete at the gym. She's probably the biggest role model to the guys, to the girls, to everybody," the coach said.

"You couldn't ask for a better person."

Napper's younger brother Todd didn't fare as well at the provincials. His three-round loss to Adrian Horford in close decision in the 52-kg senior men's open class was his first-setback, and the result of eating the wrong thing at the wrong team.

"He ate something that didn't agree with him. He came out totally flat, he had nothing at all in the gas tank," the coach said.

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BERND FRANKE/STAFF PHOTO
Napper's Boxing Club fighter Sierra Picton of Fonthill displays the championship belt she won at the United Golden Gloves Provincial Championships earlier this month in Mississauga.

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■ **ROWING:** Cyclone has 11 first-place finishes, 19 medals in all at tuneup for nationals

Crossley sets gold standard at rowing regatta

BERND FRANKE
Pelham News Staff

E.L. Crossley crews set a winning pace heading into next month's Canadian championships rowing their way to 19 medals at the South Niagara High School Invitational in Welland.

The Cyclone, competing on their home Great Dain course, also felt right at home in the winner's circle with 11 gold, four silver and four bronze at the two-day regatta that wrapped by Sunday at the Welland International Flatwater Centre's south course.

Notre Dame, with six medals, including two gold; and Jean Vanier, a gold, also had top-three finishes at the traditional tuneup for the Canadian Secondary Schools Rowing Association championships that this year take place June 6-8 at the Henley course at Martindale Pond in St. Catharines.

Lakeshore entered boats in seven qualifying heats but failed to advance to a final.

Upwards of 1,100 athletes from 61 rowing clubs competed at the event, including 55 from Crossley, 44 from Notre Dame, 10 from Vanier and five from Lakeshore.

Carly Zanatta and her Crossley crewmate, Jared Naar, were among the student athletes making the biggest splash at the second event of the short high school rowing season in Niagara. Zanatta competed in four finals and rowed her way to three gold medals and a bronze, while Naar had two first- and one third-place finish.

Zanatta's time of 8:37.844 set the gold standard in the senior women's 63-kilogram single, and she needed just 8:36.012 to cross the finish line in the senior women's single. Her other gold was won along with Lizzie Fuller in the senior women's 63-kg double, in a time of 9:04.160. The 18-year-old's bronze came in the senior women's double, also with Fuller who teamed with Naseem Majzoubi to win gold in the senior women's pair in a time of 8:39.013.

Naar, 16, won the junior men's single in 7:40.919, just ahead of Notre Dame's Ryan Power, and Naar and Braedan Rush's time of 7:31.765 couldn't be beat in the junior men's double. Along with Kaleb Langan and Riley Wayda, Naar and Rush finished third for the bronze medal in the junior men's quad.

See ROWING on Page 11

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■ ROWING

E.L. Crossley sets winning pace

From Page 10

Crossley's other gold medals came in the senior men's quad, thanks to a 6:27.056 winning pace set by Peter Epp, Danny Gearing, Dylan Minor and Nick Tavares; senior men's 72-kg with coxswain, Michael Brunton, Jacob Froese, Bryan Haakman, David Teed and coxswain Nick Cafferty, 6:57.543; senior men's 66-kg four with coxswain, Kevin Keith, Chris Rusic, Benjamin Wayda, Lynden Whitley and Daniele Pine, coxswain, 7:19.687; senior men's 72-kg double, Brunton and Haakman, 7:13.064; and senior men's eight, Spencer MacDonald, Maxx Wark, Epp, Froese, Gearing, Minor, Tavares, Teed and, as the coxie, McCafferty, 6:08.418.

Nikki Johnstone and Nicole Power won gold for Notre Dame in senior women's double with a time of 7:53.336. Emily Lucchetta and Erin Smith finished first for the Fighting Irish in the junior women's double, covering the 2,000-metre distance in 8:22.296.

Jasmine Leheta led a five-boat field across the finish line in 8:51.534 to win the gold medal for Vanier.

Notre Dame competed at regattas on both sides of the border on the Victoria Day weekend.

"We made our annual trek to Philadelphia for the Stotesbury Cup regatta, where competitors faced challenging water brought on by heavy rain and flood-like conditions," head coach Dave Pelette said.

Samantha Augustine and Lauren Piedl battled debris, strong currents as well as the competition to win bronze in the lightweight girls double, their second medal in as many years at the prestigious event.

Piedl didn't rest on her laurels as she was the coxswain in two heats and one final at the South Niagara High School Invitational.

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Continued on Page 18

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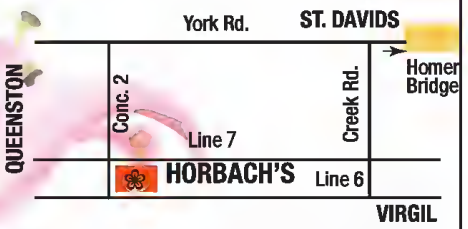

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From page 14

YARD SALE

to support the Pelham Cares Home for Good campaign, at 34 Deerpark Cres., Fonthill, 8 a.m. to 1 p.m. Rain date Sunday, June 1. The Home for Good campaign kicked into high gear Jan. 1 with a goal to raise $500,000.

JUNE 6

MAKE RAVELRY WORK FOR U

If you knit or crochet, you need a Ravelry account. This session at Pelham Public Library will cover some of the basic features of this invaluable website from tracking projects to forums and groups to pattern and yarn databases. Time 3:30 p.m. Cost $4. Register ahead.

BAKE SALE & FREE CAR WASH

9 a.m. to 1 p.m. at Glad Tidings Church of God, 1 Pancake Lane, Fonthill. Stop by and get your car shining bright and your waist band feeling tight. Partial proceeds to Pelham Cares.

JUNE 8

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at St. Ann's Church, 834 Canboro Rd., Fenwick, 10 a.m. to 1 p.m. Featuring pancakes and sausages with strawberries, strawberry shortcake, ice cream, hotdogs, burgers, coffee and soft drinks. Free games and face painting for children, bake shop. Takeout available. All are welcome. Call 905-892-6123 for more information.

JUNE 9

DRIVERS' LICENCE

refresher session for seniors. The MTO's new evaluation includes a vision assessment, classes, a review of driving record and two exercises. Hear more about the changes from a representative of Aapex Driving Academy and be prepared. Come to Pelham Public Library at 3 p.m. Cost $2. Register ahead.

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THE REVEALING TRUTH – A QUICK LOOK AT COLON CANCER PREVENTION

It's an uncomfortable topic of discussion for some, but it is a very important one that needs to be addressed. The words colon cancer screening and colonoscopy may not generate the best reaction, however, the intention of this article is to absolve your fears and reinforce the benefits of this screening procedure.

March is Colon Cancer Awareness Month and everyone could use a little update about the topic. Colon cancer is the second leading cause of cancer-related deaths in Canada for both men and women, but it is surprisingly treatable if detected early; hence the importance of the colorectal screening procedure. Beginning at 50 years of age for those at average risk of developing colorectal cancer, a simple at-home stool test – the Faecal Occult Blood Test (FOBT) – should be completed and repeated every two years. However, if you have a first-degree relative with colon cancer, your screening should begin about 10 years younger than the age at which they were diagnosed (For instance, if your close relative was 50 years old when diagnosed, you should begin screening when you turn 40) and it is advised that a colonoscopy be performed. At this point in time, colonoscopy is the gold standard for the detection of any abnormalities of the colon, such as polyps, that may eventually become cancerous if not appropriately treated or removed. It should be noted that most colonoscopies do not result in a diagnosis of cancer. The purpose of these screening procedures is to look for signs that could eventually progress to that and remove them before they pose a problem. It's all about prevention!

Many people have the idea that a colonoscopy is a painful experience. This should not be the case. The patient is most often well-sedated and unaware of the procedure unless they request to be awake. Likely, the most discomfort the patient will experience is during the day before the procedure, because they are required to consume an all-liquid diet and then take a laxative to clear out the bowel. One day of hunger and slight discomfort is surely worth having the procedure done properly!

There are some simple things that you can do to help reduce the chances of developing colon cancer. Eat a diet that is high in fibre and low in fat, try to avoid eating processed foods, stay active and maintain a healthy body weight. Talk to your doctor or pharmacist if you are unsure about what foods to eat or what a healthy weight is for you.

There are some signs and symptoms to be aware of that may indicate there is a problem in the colon. These include blood in the stool or black-coloured stool, long-narrow shaped stools, abdominal cramping, or unexplained weight loss. If you are currently experiencing any of these symptoms or you notice these changes, don't delay talking to your doctor. They will be able to get to the bottom of it!

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App will help you navigate Niagara's culinary scene

You've had a long day at the office and decide to reward yourself for getting through it with a meal out. Now you just need to figure out where to go.

Do you: A) Go to your usual haunt because it's easy; B) Duck into the first place you see and take your chances; or C) Turn to Twitter and crowd-source advice that leaves you with dozens of suggestions but no closer to a decision?

Two Port Colborne women are hoping you'll turn to them and an app they've created to help the hungry navigate Niagara's culinary scene.

Kyla Pennie and Vanessa Deeg are the authors of The Niagara Local, a virtual guide to food and drink in the region that was born out of their dining review website and blog of the same name. The free app, available for iPhone and Android, leads culinary tourists to restaurants, wineries and farms throughout the peninsula with maps and links to the duo's reviews for each stop.

"It's the farm stand to fine dining," Pennie said about The Niagara Local's scope.

Pennie and Deeg launched The Niagara Local website two years ago after noticing there was no comprehensive culinary guide for Niagara. Inspired by Toronto Life's annual dining guide with its lyrical descriptions of the city's eateries and watering holes, Pennie and Deeg initially contemplated a printed directory to boost culinary tourism in the region but decided to test the appetite for such information online first. They've been watching their web hits increase consistently since their initial reviews were posted in July 2012.

A few months ago, Niagara College's Niagara Research department floated the idea to Pennie of working together to develop an app to complement the website. Though Pennie, who works at the college, and Deeg hesitated, they quickly realized that if they're going to entice people — locals and visitors alike — to explore the region, The Niagara Local has to be as spontaneous as some travel plans can be.

"It was good advice because people are on their phones. The version on the laptop or desktop is more armchair travelling, the planning. The app is in the moment," Pennie said. "We want to inspire people to travel to Niagara but then make it practical to find their way."

There are dozens of locations already mapped on the app with the list growing every day. Each time Pennie or Deeg visit somewhere new and find it worthy of a positive review, they post it to their site, which simultaneously adds the location to the app. The duo aren't paid for their posts, so the reviews are honestly generated to give a boost to local businesses.

TIFFANY MAYER/SPECIAL TO QMI AGENCY NIAGARA

Vanessa Deeg, left, and Kyla Pennie are the authors of the culinary tourism website and blog called The Niagara Local. The duo have released an app based on their site to help locals and tourists discover the region's food and drink gems.

Their posts include some of the usual suspects of Niagara's food scene but also some lesser-known gems. When either finds a place they're particularly fond of, it gets branded a Local's Pick, tipping off app users to some of the must-see stops.

Pennie and Deeg's ultimate goal is to make as many people as possible fall for Niagara, but building the site has shown them a Niagara that in some cases, they didn't know existed. Their love for the place they call home has only grown as a result.

"It's just enhanced my appreciation of living here and the culture, especially the wine culture," Deeg said. "Now that I'm researching it, I never realized how important and impactful that industry was. It's really opened my eyes to what we have to offer here."

Tiffany Mayer writes about local food and farming at eatingniagara.com. Her first book, Niagara Food: A Flavourful History of the Peninsula's Bounty (The History Press), will be published later this year. You can reach her at eatingniagara@gmail.com.

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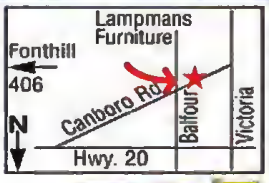

*Offer does not apply to custom orders, previously reduced items as well as appliances & electronics.

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Join us for the 10th Annual Niagara Falls Ribfest
FATHER'S DAY WEEKEND
JUNE 13th, 14th & 15th
ROTARY RIBFEST B.B.Q.
FRIDAY JUNE 13 - NOON - 1:00am
SATURDAY JUNE 14 - 11:00am - 1:00am
SUNDAY JUNE 15 - 11:00am - 8:00pm
• Fun for the whole family • Daily 50/50 Draw
• RIBS, RIBS & RIBS - *And so much more!*
• Gluten-Free Options • Kids' Midway • WiFi Access
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Donations to Rotary greatly appreciated PLEASE NO PETS or refreshment coolers
GREAT ENTERTAINMENT ALL WEEKEND LONG!
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Walking for dog guides

GREG FURMINGER/ PELHAM NEWS STAFF

About 30 people took part in Fenwick's second annual Purina Walk for Dog Guides Sunday afternoon. Funds from the walk, hosted by the Fabulous Fenwick Lions and Lioness, support the purchase of dog guides for Canadians. Walkers raised $3,181 in pledges, while sponsors and other donors contributed an extra $1,500. A donation jar, set up at the Lions Carnival in Centennial park, continued to be filled. The event serves as the largest annual fundraiser for the Lions Foundation of Canada Dog Guides.

Classifieds

pelhamnews.ca/classifieds

Phone: 1-866-541-6757 • Fax: 1-866-485-8461 • Email: pelhamnews.classifieds@sunmedia.ca

General Help Wanted | General Help Wanted | General Help Wanted | General Help Wanted | General Help Wanted | General Help Wanted

Construction Inspector – Public Works & Utilities

Pelham NIAGARA

The Town of Pelham is now accepting resumes from applicants with a three year Engineering Diploma in a civil or heavy construction related discipline, who are eligible for certification as a Certified Engineering Technologist, and have a minimum 3 years' experience in a municipal construction environment (including design and surveying). Additional training in water distribution and wastewater collection is considered an asset. This full-time opportunity is offered at $51,324.00 - $60,369.40 annually.

Visit **pelham.ca/career-opportunities** for more information & to apply by **Sunday, June 1, 2014.**

CHIEF BUILDING OFFICIAL

Pelham NIAGARA

The Town of Pelham is now accepting resumes from applicants with a College diploma in construction or architecture, who are certified in all levels of Ministry of Housing Bill 124 requirements, have a Certified Building Code Official (CBCO) designation, a minimum of 7-10 years of experience in a municipal building department, and experience in building maintenance. This full-time opportunity is offered at $70,892.13 - $83,401.91 annually.

Visit **pelham.ca/career-opportunities** for more information & to apply by **Sunday, June 1, 2014.**

yourlifemoments.ca

For Obituaries call:
1-877-750-5054
Fax: 1-866-485-8461
e-mail: obituaries@yourlifemoments.ca

All other moments call:
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Fax: 1-866-757-0227
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Obituaries | In Memoriam | Thanks
Births | Celebrations | More

Birthdays | Birthdays

HAPPY 75TH BIRTHDAY TO THE ROSE TWINS JOAN AND JANET May 21st !
Those were the days!!!!

Love, your families

HAPPY BIRTHDAY!

General Help Wanted | General Help Wanted | Employment Wanted | Employment Wanted | Employment Wanted | Apartments

THE WELLAND TRIBUNE IS LOOKING FOR CARRIERS IN THE FONTHILL AREA
If you are interested call 905-732-2414 EXT "0"

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Flyer delivery once a week
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JOIN A Winning Team!
Newspaper Routes Available!
*****MONDAY TO SATURDAY HOME DELIVERY*****
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Location!
2 BDRMS available. Spacious & quiet mature living. Balconies, laundry, security entrance, close to Meple park, bus & shopping. Starting at $989. 579 CLARE AVE. Call 1-905-735-5748

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Apartments

2 BDRM East Welland. No pets. 1st/last. $800/mo All Incl. Avail. Now 905-834-6624

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Multi-family

FONTHILL HILLCREST PLACE STREET SALE
Sat. May 31, 9am
Household items, furniture, antiques clothes and more

DEVRIES FRUIT FARM
Fresh Crisp Apples, Apple Cider, Eggs, Frozen Fruit & Preserves!!
825 Canboro Rd. 1 km West of Fenwick.
Call 905-892-8724
Closed Sunday

GOOD SAMARITAN- My sincerest "THANK YOU" Mr. Davis who helped me after a fall and made sure I was safely driven back to Shorthills Ville. God Bless you - Wilf Mills

BUY! Buy! BUY! Sell! Sell!

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The Healthy Cupboard

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GARCINIA CAMBOGIA EXTRACT CAPSULE

Healthy Glucose Metabolism

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BOTANICAL NAME: *Garcinia cambogia*
ORIGIN: Asia

NATUROPATHIC CERTIFIED formulated & tested NUTRITIONIST DOCTOR

Garcinia Cambogia may resemble an ordinary pumpkin on the outside, but crack the fruit open and you will discover a wealth of health on the inside. This incredible superfruit native to Southeast Asia has been used for centuries in indigenous folk medicine to support overall health.

The key to Garcinia Cambogia's benefits lie within the rind of the fruit, where the Hydroxycitric Acid (HCA) is found. This amazing natural compound is thought to support appetite suppression and healthy weight management. Every serving of Genesis Today's Garcinia Cambogia extract is standardized to contain 60% HCA. Plus, Genesis Today adds a touch of Chromium and Black Pepper to support absorption of HCA with no binders, fillers or excipients!

Competitive Features & Benefits

- Contains SuperCitrimax®, a patented Garcinia Cambogia ingredient standardized to contain 60% HCA
- Contains ChromeMate®‡, an absorbable chromium complex thought to support healthy weight management
- Formulation includes Black Pepper extract (Piper nigrum) to enhance absorption
- Contains potassium and calcium, which bind to the HCA for maximum stability, solubility, bioavailability and efficacy
- Delivers 800 mg per serving in vegetarian capsules with absolutely no binders, fillers or excipients

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Supports Healthy Glucose Metabolism
Helps the Body to Metabolize Carbohydrates and Fats
And more!

Important Characteristics

V VEGETARIAN · GF GLUTEN FREE · SF SOY FREE · EA EASILY ABSORBED · DF DAIRY FREE · LF LACTOSE FREE · NG NON GMO · FF FAT FREE

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$3.00 OFF
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